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Visitors stampede eighth-grade team
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Technical fouls hurt

Armor hoop team wins preseason tournament.
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Friday, December 2, 2005

America's Warfighting Center

Vol. 48, No. 48

Around The Army

Seoul:

The Pacific Stars and Stripes reported Dec. 1 that a U.S. Soldier faces up to two years in Korean jail after promising to marry a South Korean woman, having sex with her, then reneging on the engagement.

The accusation – sexual intercourse under the pretense of marriage – is a crime in South Korea, though it is one rarely prosecuted against U.S. servicemembers, according to an American lawyer practicing in Seoul.

The maximum punishment is up to two years in jail or up to a \$5 million won, or \$5,000, fine.

For more about this story and other U.S. military news in the Pacific and European theaters, visit www.esrises.com/ on the Web.

Fort Knox:

The Turret reported Nov. 23 that the groundbreaking ceremony for the post's newest lodging facility, Newgarden Inn, was held Nov. 21.

The new inn will replace Newgarden Tower, a lodging facility located off Highway 31 and Chaffee Avenue that was built in 1952.

The 108,000-square-foot facility will offer 196 rooms categorized as "extended stay" rooms, all with full kitchenettes. There are also six rooms accessible to people who are physically disabled.

The \$21 million facility also will offer a conference room, 10 conference/study rooms, a fitness room, break-fast area and guest and in-house laundry operations.

Newgarden Inn will be located on Knox Street next to the post office in the area previously known as Nininger Park and is scheduled for completion in January 2007.

For more on this story and other Fort Knox, Ky., news, visit www.thenewscenterpress.com/turret/ on the Web.

West Point:

The Pointer View reported Nov. 18 that the U.S. Military Academy has put together a five-member team, called the Sexual Assault Response and Prevention Team, to continue its vigilance against sexual harassment and assault.

Col.1 Jeanette McMahon, special assistant to the superintendent on human relations, leads the team and provides input and advice to the superintendent.

For more on this story and other West Point news, visit www.pointerview.com/ on the Web.

Fort Story:

The Wheel reported Nov. 23 that 1st Sgt. James Coleman, his wife, Denise, and their two sons, James Jr. and Zachary, were recognized Nov. 18 as the Army Five-Star Military Family for volunteering in the Fort Story and local communities.

The Armed Services YMCA of Hampton Roads honored the Colemans, as well as four other families from the Air Force, Navy, Marine Corps and Coast Guard, during the 12th annual Five-Star Military Family recognition luncheon.

For more on this story and other Fort Story, Va., news, visit www.militarynews.com/wheel/ on the Web.

Nature takes toll on post housing area

By Mike Heronemus
Editor

Seventeen military families at Fort Riley relocated to temporary housing after a tornado "finger" touched down in the Ellis Heights housing area about 3:10 p.m. Nov. 27. No one suffered injuries directly related to the storm, said Lt. Col. Michael Apodaca, post provost marshal Nov. 28.

One woman suffered a broken jaw, but the cause of that injury could not be determined, he said.

More photos

See pages 2, 3 and 10

about the same time instead of one.

"Two or three tornadoes were seen touching down on post ranges," Apodaca said. The military police dispatched spotters to strategic points around post when they received news of an approaching tornado about an hour earlier, he said.

Electrical service to Ellis Heights is underground, so damage to it was limited to about six streetlights that were blown down, reported Keith Jevons of the Directorate of Public Works.

However, a section of siding blown off a set of family quarters wrapped itself around the main electrical transmission line that runs along the Ellis Heights bypass road.

That shorted the power lines and tripped breakers at the Anzio substation, causing power outages at Irwin Army Community

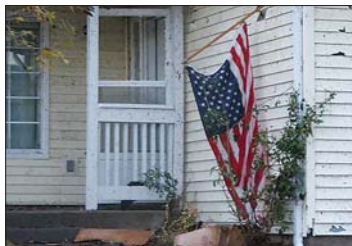
See Tornado, Page 3



A powder of snow dusts a large tree that toppled onto family housing in Ellis Heights during a Nov. 27 tornado.



A vehicle stands with broken windows and bashed in tailgate after a tornado swept through part of Ellis Heights.



A U.S. flag sticks in a wall where it hadn't been before the tornado hit Ellis Heights.

Sergeant called tough as nails, friend, helper

Memorial service honors fallen Soldier

By Mike Heronemus
Editor

The Army lost more than a good Soldier, it lost a great non-commissioned officer in Sgt. Dominic J. Sacco, said his friend and fellow NCO, Sgt. Paul Belt.

Belt was among the Soldiers who paid tribute to the 59th Fort Riley Soldier to die in the Global War on Terrorism. Sacco, of Company A, 1st Battalion, 13th Armor, was killed Nov. 20 by a sniper in Tajik. He was deployed to Iraq for the second time.

"He put Soldiers first," Belt

said, "and dozens of times went that extra mile to help, even for Soldiers of other (tank) crews."

He might have been best known for his sense of humor, love of food and physical strength, but Sacco proved on the tank gunnery range he was the man to beat, Belt said.

Sacco's crew often ranked in the top ten tank crews of the battalion on their range performance, another Soldier said.

"We became instant friends," recalled Sgt. Jaime Rodea. "We're here to say 'thank you' (to Sacco) for brightening our lives," he told

those attending the memorial service at Morris Hill Chapel Nov. 29.

Sacco liked to have a good time, but when it was time to work, he was always there till the job was done, Rodea said.

"You always knew where you stood with him," said Maj. Kevin West. "and you always wanted him on your side."

Sacco was professional, aggressive and tough as nails, he said, but with a sense of humanity and purpose. Sacco explained his deployment simply: "We need to help the Iraqis," Sacco had said.

Sgt. Dominic J. Sacco

Born in Albany, N.Y.; 32 years old. Enlisted in the Army on March 14, 1996. After basic and advanced individual training, was assigned to Company D, 1st Battalion, 13th Armor, at Fort Riley in November 1997.

Served in Kuwait from May to October 2002. First deployed to Iraq in April 2003. Promoted to Abrams tank crew commander in Company A, 1st Bn., 13th Armor, in July 2004.

Deployed to Iraq for a second time in January 2005. Awards include the Bronze Star Medal, Meritorious Service Medal, Purple Heart and Combat Action Badge presented posthumously; the Army Commendation Medal; and three Army Achievement Medals.





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Post/Heronemus

The tornado Nov. 27 knocked down several streetlights. This one appears to have twisted and shredded in the wind.

One make-shift shelter in the housing area appears to have suffered little damage in the Nov. 27 tornado.
Photo by Anne Sweeney



Photo by Anne Sweeney

The remaining half of a support pole on the back porch of one home dangles from the roof. Loose items were blown through yards, piling up where some structure stopped their momentum.



Post/Heronemus

Pieces of branches and other debris peppered some sides of homes in the housing area. One MP said a stick similar to this one penetrated a 2 by 4 in one wall.





Tornado surprises residents

By Anna Perry
19th PAD

When Sgt. Justin Casson of Company C, 1st Engineer Battalion, stepped out of his house to see what the weather was doing the afternoon of Nov. 27, he never expected to be facing a funnel cloud.

"The tornado just went tearing right down the street," Casson said. It missed Casson's home.

"I'm used to dealing with earthquakes, not tornadoes," said the California native. "It was an experience, that's for sure."

Casson was not the only one caught off guard by the storm.

"We didn't even hear the sirens

going off," said Casson's neighbor, Lisa Walters. Walters' husband, Spc. Christopher Walters of the 331st Signal Company, opened the back door to watch the hail when the family's pet got loose.

"I was talking with a friend on the phone when the dog ran outside," she said. "I went after the dog just in time to see our back yard table go whizzing by."

The Walters immediately took cover.

"The power went out. I threw the phone and we dove into the laundry room," Walters said.

Walters and Casson were aware of the tornado only seconds before it hit, but some Ellis

Heights residents did not find out about the storm until the damage had already been done.

"I was visiting my parents in Manhattan and didn't get home until about 9 p.m.," said Katie Brown, the wife of a 977th Military Police Company Soldier. "I pulled up and saw the MP barricade. They asked me how badly I had been hit, and I didn't have any idea what they were talking about."

Earlier, when Brown didn't respond to the knocking at her door, MPs forced entry into the house to ensure her safety.

"I came home to find MPs guarding my house. It was quite a shock," she said.

The tornado caused moderate damage at the homes of Brown and Roberts, but the women feel they have been well taken care of by the Fort Riley community.

"The response of the fire department and the MPs was immediate," Walters said. "They were extremely well prepared."

Brown echoed her sentiments, saying that her home was already in the process of being repaired.

"Everybody's concern has been wonderful," Brown said. "I've gotten so many phone calls from my husband's rear detachment. A negative situation was quickly taken care of," she added. "I really feel this has had a positive outcome."



A post resident walks through Ellis Heights housing area looking at damaged Nov. 27 after a tornado hit it and the post cemetery.

Photo by Anne Sweeney

Tornado

continued from page 1

Hospital, Camp Funston and parts of Main Post, Camp Forsyth and Custer Hill, he said.

Power was quickly restored to all areas except Ellis Heights. When no gas leaks were found in Ellis Heights, Public Works crews restored power to the housing area about 7:15 p.m., Jevons said.

Some of the 17 displaced Ellis Heights families moved into local motel rooms Nov. 27, and others moved into homes of nearby friends or relatives on and off post, one Fort Riley Crisis Team member said Nov. 29.

Fort Riley housing officials procured 60 rooms in one Junction City motel soon after the tornado hit, not knowing how many families would need temporary housing, Apodaca said.

Post officials later reported 33 homes in Ellis Heights were damaged to the point of being uninhabitable. Many others sustained minor damage, including broken windows and ripped off siding, but remained safe for occupants choosing to stay in them, officials reported.

Assessors with the post's Directorate of Public Works categorized damaged homes as red, amber or green, Apodaca said. Red homes were deemed unsafe to live in, amber homes suffered some damage that created minor safety concerns, such as broken glass, that residents would need to be mindful of and green homes were deemed safe to live in, he explained.

Residents of amber-rated homes were given the option to move back in or to move into government-provided temporary lodging at government expense, Apodaca said.

Some damaged homes were temporarily uninhabited because residents were on vacation or living with relatives while spouses are deployed to Iraq, a post spokesperson said.

MPs reported to the scene immediately, Apodaca said. They cordoned off the area, allowing

only residents in and began a walking patrol going door-to-door to locate residents and assess possible injuries and damage, he said.

Later, the severely damaged homes were secured by guards from a 1st Battalion, 41st Infantry, platoon to protect contents, he said.

The MPs placed their new command and control vehicle near the intersection of Williston Point Road and Roosevelt Street to direct activities in Ellis Heights and to serve as a point where residents could receive whatever help they needed.

Besides the MPs, representatives of post housing, public works, legal services and veterinary services, as well as a chaplain, manned the command post, Apodaca said.

Across post, the storm toppled about 60 percent of the trees in the cemetery, damaged numerous headstones and destroyed a storage building at the cemetery, Jevons said.

After tree limbs were cleared from Huebner Road beside the cemetery Nov. 27, public works crews opted to wait for daylight Nov. 28 to begin clearing debris within the cemetery, he said.

Repair to damaged homes in Ellis Heights has begun and could take up to several weeks, depending on the severity of damage to each home, post officials predicted. The majority of damage to homes, however, is broken windows and torn siding.

Clearing the cemetery and repairing damage there also will take several weeks, Jevons said.

Public Works officials are initially estimating the cost to repair damage to the post and to remove debris will be more than \$1 million, but a more detailed assessment is still being made.

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More photos

See photos of cemetery damage on page 10





Post news in brief

70th Engineers march for toys

A 70th Engineer Battalion Operation Santa Claus toy march is slated for 8:30 a.m. Dec. 3. The march will begin at the historic train station, Building 311, on Main Post and end at the Operation Santa Claus headquarters in Building 261.

Participants are encouraged to wear Santa hats and bring a small gift worth no more than \$15.

Santa Claus will make an appearance at the end of the march.

Battalion sets reunion briefs

The 2nd Battalion, 34th Armor, redeployment and reunion briefings are scheduled for 10 a.m. and 6:30 p.m. Dec. 7 and 6:30 p.m. Dec. 8 in Building 7264 on Custer Hill. Child care will be provided on site, but children should be registered beforehand, however, registration is not necessary. The child's shot record must be presented.

For more information, call Master Sgt. David Farver at 239-1369 or 239-1376.

Employer plans to visit post

A representative from Cubic Defense Applications will be at the Fort Riley Army Career and Alumni Program Center from 9 a.m. to 2 p.m. Dec. 8 in Room 6 of Building 210.

Cubic Defense Applications provides professional services focused on mission analysis, training and prototype systems development. Current CDA employment opportunities can be viewed at jobs.cubic.com on the Web.

This event is open to the public. Registration is not required.

For more information, contact the Fort Riley ACAP Center at 239-2278.

Observance needs talent

The Fort Riley Equal Opportunity Office staff is looking for individuals to participate in the annual Martin Luther King Jr. birthday observance from 11:45 a.m. to 12:45 p.m. Jan. 11 at Riley's Conference Center.

Talent being sought includes poetry, singing and dancing. Anyone interested in participating as part of the program should call 239-8433.

Commander plans address

Col. Thomas "Ty" Smith plans to address Fort Riley civilian employees in two sessions Jan. 9. The first session begins at 10 a.m. and the second begins at 1:30 p.m. Both sessions will be in Barlow Theater, Building 7866, on Custer Hill. Employees need attend only one session.

Boughs offered for decorating

Units, housing occupants and activities desiring cedar and pine boughs to decorate the interior and exterior of their buildings can pick up this material at the Public Works parking lot on Dickman Avenue across from Building 364 on Main Post.

Boughs will be distributed on a first come, first serve basis, Nov. 14 through Dec. 25.

Extreme care should be taken to avoid fire hazards when using boughs to decorate. Frequent misting or sprinkling of boughs with water is recommended to retard their drying out.

Cutting pine and cedar trees or branches anywhere on the installation is prohibited.

For more information, call 239-3908.

Post community bids MPs farewell

By April Blackmon
Com. Rel. Officer

About 160 Soldiers of the 300th Military Police Company said their official goodbyes at a ceremony Nov. 28 in King Field House. The company is headed to Iraq for a year-long deployment.

Lorie and Jerry Williams came from Grand Rapids, Mich., to bid farewell to their son, Spc. Kirk Williams. "The mom in me just wants to take him home," Lorie said. "I'm proud of him and what our guys are doing."

Jerry agreed with his wife and added, "I'll feel better when he comes home."

Kirk said he was looking forward to taking his training and putting it to use on his first deployment. "I'm kind of excited. We've been training for a long time and I'm looking forward to putting my training to use."

The company's training has 97th Military Police Battalion Commander Lt. Col. Michael Apodaca confident in his Soldiers. "I can assure you, they are prepared," Apodaca said. "If I was limited to two words regarding this MP company and its upcoming deployment, they would be 'trained' and 'ready.'"

"We are changing lives and we are winning this war on terrorism and must finish what these great Americans before us started over two years ago," he said.

Col. Lee Staab, 24th Infantry Division (Mech) assistant division commander for support, offered a piece of advice to the Soldiers at the ceremony.

"Take strength from (those who have deployed before) — those are the ones who will guide you," he said.

While in Iraq, the company will provide maneuver and mobility operations, as well as area security.

This is the second deployment to Iraq for the 300th MP Co. The company deployed in March 2003 to Operation Iraqi Freedom to provide combat support.



Post/Blackmon

Family and friends gather in King Field House Nov. 28 to bid farewell to some 160 Soldiers of the 300th MP Co. This is the company's second deployment to Iraq.



Post/Blackmon

Pfc. Burton Harlow (right) and his son, Dakota, give Christian Herzog a farewell kiss while his father, Spc. Chris Herzog, holds him. Harlow and Herzog are part of the 300th MP Co. deploying to Iraq.

Judges narrow field for award

By Tisha Johnson
Army News Service

FORT LEAVENWORTH, Kan. — About 50 examiners serving on the awards board for the Army Communities of Excellence competition spent the last week of October reviewing packets submitted by the top four installations.

Installations making the top four were Fort Bragg, N.C.; Fort Stewart, Ga. Fort A.P. Hill, Va., and White Sands Missile Range, N.M. Fort Stewart was the Department of Defense and Army

Community of Excellence winner for 2005.

The process began with 32 installations filing intent to apply. Of those, 14 submitted a packet in August. After an initial paring down, four of the packets were forwarded to the awards board.

Other installations in the top 14 were: The 6th Area Support Group, Stuttgart, Germany; 222nd Base Support Battalion, Baumholder, Germany; 280th BSB, Schweinfurt, Germany; 282nd BSB, Hohenfels, Germany; 415th BSB, Kaiserslautern, Germany; Fort

Hood, Texas; Fort McCoy, Wis.; Area IV Support Activity, Camp Henry, South Korea; Tohyama Army Depot, Pa.; and U.S. Army Garrison Japan, Camp Zama, Japan.

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Vests continued from page 1

they said.

The Marine Corps recalled about 5,000 protective vests last May due to questions about the ballistic protection they offered.

That recall involved lots that had been accepted and put into use due to the urgent need for

more ballistic vests, officials said.

The protective vest has proven itself in sustained combat operations in Iraq and Afghanistan and offers far better protection than the Personnel Armored System for Ground Troops, or PASGT, flak vest it replaced, officials said.

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Commentary

Friday, December 2, 2005

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What did you have to be thankful for this holiday?



"I got to spend time with family and I got to sit on a beach in the middle of winter."

Pfc. Joshua Dillmore
Medic
1st Battalion, 34th Armor
Home: Brooksville, Fla.



"I'm thankful for family and friends and for being with 1st Brigade."

Sgt. 1st Class Angela Martin
Personnel noncommissioned officer
1st Brigade
Home: Conover, N.C.



"I thank God I could retire after 20 years with my family intact and also for His son, Jesus."

Santoria Simmons
Housewife
Home: Sanford, Fla.



"Getting together with family, and I'm glad I was here and not in Iraq for the holidays this year, and for Soldiers that were able to be with family."

Maj. Shane Welsh
Trainer
75th Division (Training Support)
Home: Omaha, Neb.



"My health and strength and the health and strength of my children and my family members."

Vera White
Instructor and compliance assistant
Kansas State University
Home: Leland, Mich.

Next week's question:

What do you do to relieve physical or mental stress?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Col. Thomas Smith
Garrison commander

The tornado that touched down in Ellis Heights on Nov. 27 affected a number of residents in that housing area. If you were one of those affected, the Fort Riley Garrison is prepared to care for you and assist you with those aspects of your life that this event has touched.

We have a placed a command vehicle at the intersection of Roosevelt and Williston Point Roads where you can go to receive immediate information and assistance.

You also can contact the MP desk 24 hours a day at 239-6767.

You and your family may have questions or needs in one or more of the following areas:

Housing and Temporary Lodging. Our top priority is to ensure that you have a safe place to live. If your quarters have been or will be determined to be unsafe, we will arrange alternate lodging for you and your family at no cost to you, and you will be able to remain in that lodging until we have restored your quarters to a habitable state.

For temporary lodging, contact the Fort Riley Lodging office at (785) 239-2830. Let them know you require lodging because of storm damage to your quarters.

You can be assured that restoring your quarters to a livable condition as quickly as possible is as important to us as it is to you.

The Housing Department is working diligently to repair storm damage for all quarters that were damaged. Their inspectors have already inspected and assessed the damage your quarters sustained.

If you feel they have overlooked something, or you see additional damage, please contact Dan McCallister immediately at (785) 239-0647.

The Lending Closet run by Army Community Services is available to you if you are staying in your home but have damaged household items.

They can provide kitchen items, such as pots and pans, dishes, silverware, irons, toasters, cooking utensils, cots, tables and chairs and pack 'n' plays for little children.

The Lending Closet is located at the Soldier and Family Support Center, Building 7264. Call them at (785) 239-9435.

Household property. If your household property, including any automobile, was damaged by the storm, you will want to make a claim with the Office of the Staff Judge Advocate Claims Office at Fort Riley.

Keep in mind that, if you have renter's insurance or comprehensive auto insurance, Army regulations require that you file a claim with your insurance carrier before filing a claim through the Army.

We are coordinating with USAA to have a representative located on-site to facilitate claims for USAA customers. If you have renter's insurance with a company other than USAA, you should



Col. Thomas Smith

contact them directly. The OSJA Claims Office can assist you, if you wish.

The OSJA Claims Office is located in Room 107 of Building 200 - Patton Hall near King Field House

on Main Post - and can be reached by calling (785) 239-2633 or 239-3830.

Please contact them at your earliest convenience so that they can assist you in documenting your personal property damage.

Meals. If you are residing in government-provided temporary lodging, we are working through legal issues in an attempt to provide funding to you to pay for meals. We will provide additional information as it becomes available.

Transportation. If your vehicles have been damaged and are not drivable, we will attempt to provide shuttle service for a short duration while your vehicles are being repaired.

We ask that you inform your unit representative of your transportation requirements so that the shuttle service can be tailored to best meet your basic needs.

Mail. The postmaster is conducting a door-to-door assessment of each mailbox in the affected area. Postal service will continue uninterrupted to those quarters with a functioning mailbox.

For those residing in quarters whose mailbox was destroyed, the Fort Riley Post Office will hold your mail for pick-up after 11 a.m. daily. A listing of quarters that will be required to pick up their mail at the post office will be posted at the on-site command vehicle.

Contact Gary Lister at (785) 784-7314 for more information.

Pets. If you have pets that were affected by the tornado, Fort Riley Veterinary Service can assist you. Contact Staff Sgt. America at (785) 239-2732.

We have made every effort to provide temporary lodging that accepts pets. However, if you prefer to have your pet boarded while you are out of your quarters, Veterinary Services will board your pet at no cost to you.

If your pet was lost in the storm, please contact America immediately so that we can attempt to locate your pet.

Schools. If you are living in government-provided temporary lodging, Geary County Unified School District 475 is prepared to provide transportation to and from school for your children. Please provide your unit chain of command representative with your children's names and what school they attend so that can be coordinated.

If you opt to drive your children to school, please let your unit representative know that you will not need that transportation.

Command message

Post stands ready to help all in need

Well-Being and Emotional Support. The Soldier and Family Life Consultants are available to help you and your family deal with the effects of trauma from the storm.

Please contact the consultants at Soldier and Family Support Center, Building 7264 or by calling 239-9435.

You may also call Sheri Parker at (785) 249-4281, Jean Lockett at (785) 213-1627 or Bernie Nobo at (785) 230-1785.

If you or a family member are experiencing medical problems or stress related symptoms, please call (785) 239-3627.

What we ask of you: We want to help you and your family recovery

quickly and completely from this storm. To do that, we ask the following:

First, we ask that you provide us with accurate phone numbers and contact information to reach you.

Second, we ask that you take all of your information regarding these matters from official sources only.

Your unit chain of command representative and the points of contact listed in this article are your best sources for accurate information.

Finally, if you have additional needs that we have not addressed, please contact your unit representative or the Emergency Operations Center at (785) 239-2222 immediately so that we can assist you.

Grunt By Wayne Udden

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FORT RILEY POST

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Public Affairs Officer-Maj. Christian Kubik
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
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Circulation 8,800 copies each week
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A licensed newspaper member of the Junction City and Manhattan chambers of commerce

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Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at mike.heronemus@riley.army.mil.

What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas):





4th Brigade trains for road

Leaders learn convoy lessons

By Kollin L. Taylor
4th IBCT

Leaders of the 4th Infantry Brigade Combat Team – the Dragon Brigade – personally validated some of the brigade's developed tactics, techniques and procedures (TTPs) during Omega training Nov. 9 at Camp Forsyth.

Members of the 610th Brigade Support Battalion spearheaded the training, teaching potentially life saving techniques to prepare Soldiers for what they might experience on convoys.

The training covers what Soldiers should do if their convoy was stopped because the road ahead was blocked, what to do if receiving hostile fire and how to evacuate casualties and disabled vehicles.

After demonstrating the various TTPs, Soldiers of the 610th BSB supervised Soldiers from other Dragon Brigade units as they practiced the various battle drills, including a blocked ambush; an attack from the left, right, front and rear; rollover drills; and launching a counter-attack.

Some action not simulated

Even though the war-time scenarios were simulated, Soldier execution of the TTP actions was not. Just ask the few individuals who were designated as casualties.

Some of the casualties were evacuated on litters while others were literally dragged to safety.

If a vehicle was determined to be disabled, Soldiers drove the recovery vehicle into the engagement area, even while under simulated enemy fire.

They dismounted, as necessary, and expeditiously recovered the vehicle and personnel.

Rather than using a traditional and time-consuming tow-bar to pull the disabled vehicle, Soldiers used a tow-rope to expedite the recovery process. Using a tow-rope limits Soldiers' exposure to enemy fire.

However, Sgt. 1st Class Delwin M. Ferguson, maintenance control sergeant with Company D, 610th BSB, advised the Dragon Brigade leaders about the risks of using a tow-rope.

Leaders must know capability

He stressed the importance of first ensuring the recovery vehicle can actually tow the disabled vehicle.

For example, a 2 1/2-ton vehicle cannot effectively recover a five-ton vehicle. Additionally, the tow-rope must have sufficient tensile strength to bear the weight of the recovered vehicle.

For vehicles like "Humvees," Ferguson recommended a 10,000-pound weight-rated tow-rope and a 25,000-pound weight-rated tow-rope for vehicles weighing over five tons.

The recovery of a disabled vehicle is potentially hazardous even when all of the Soldiers remain in the vehicle during the recovery, Ferguson pointed out.

Soldiers must use verbal or nonverbal means to let each other know when they complete their individual tasks, he stressed.

The Dragon Brigade's battle drills were developed using various references, such as Army regulations and field manuals and lessons learned from Iraq operations.



4th IBCT/Taylor
Capt. Scott D. Steele of HHB, 2nd Bn., 32nd FA, leads a quick reaction force in an attempt to close with and destroy the enemy during Omega training.



4th IBCT/Taylor
Soldiers connect two tow-ropes while conducting a hasty recovery drill to extricate a disabled vehicle.



4th IBCT/Taylor
Simulated casualty, 1st Sgt. James D. Graves of HHB, 32nd FA, is dragged to safety during an enemy ambush in order to receive medical aid.

FIRST ASSEMBLY OF GOD-MANHATTAN
2 x 4"
Black Only
2x4 1st. Assen/God Dec TP

HEY BABY
2 x 6.5"
Black Only
2x6.5 Hey Baby DU & Post.

JANDIS GIFTS & CERAMICS
2 x 4"
Black Only
2x4 Jandis

RODS HALLMARK- JC
2 x 7"
Black Only
2x7 open house

KANSAS PRESS
2 x 4"
Black Only
Fortunes

EASTSIDE MARKET-MANHATTAN
2 x 8"
Black Only
2x8 Eastside 11/25 1524 ml





DoD looking for way to defeat devices

By Jim Garamone

AFPS

WASHINGTON — Pentagon officials are looking for ways to combat the improvised-explosive-device menace, a senior military officer said Nov. 3.

IEDs have killed more than half of all those killed in Iraq and wounded more than 8,100 servicemembers, according to Pentagon statistics.

"I think probably this whole effort to defeat IEDs is one of the most important things that is taking place in the building," said Marine Lt. Gen. James T. Conway, operations director at the

Joint Staff during a Pentagon news conference.

DoD officials said they have come up with plans to increase the visibility and effectiveness of the Joint IED Defeat Task Force. The recommendations have been approved by the Joint Chiefs of Staff and will be briefed to Defense Secretary Donald H. Rumsfeld soon, Conway said.

The proposal would add more people to the task force and place a three-star general in charge. Conway was quick to say this does not mean that the task force under Army Brig. Gen. Joseph Votel has not done a good job.

"There is no shortage of fund-

ing to the effort," Conway said. "There's no shortage of emphasis coming out of theater that encourages us to come to a solution. ... But it has been discussed that perhaps adding a three-star oversight to the effort might further enhance its ability to get things done."

The task force grew out of an Army effort begun soon after Soldiers began taking casualties from these homemade bombs in Iraq. The devices are sometimes quite sophisticated: Tripwires, pressure plates, suicide bombers or remote triggers can set them off. Car bombs are another way to deliver IED attacks.

The military will spend rough-

ly \$1.5 billion this calendar year on defeating the problem, Conway said.

There is no shortage of bomb-making material in Iraq. Saddam Hussein bought billions of dollars worth of ordnance and distributed it all over the country. Coalition and Iraqi soldiers and police are still finding and destroying vast arsenals of explosives.

Pentagon spokesman Lawrence Di Rita said then-Deputy Defense Secretary Paul Wolfowitz made the IED task force a priority. Acting deputy Gordon England has continued it.

"How this department can organize and manage the chal-

lenge that we face with IEDs has been one of signal import, reflected by the fact that the deputy secretary of defense has made it a priority," Di Rita said.

Officials said they have studied how armies handled the threat in the past. "If you go all the way back to the British experience in Northern Ireland, they had problems with it," Conway said. "The Israelis in northern Israel and Lebanon have had problems with it. And we've tried to study what their experiences were and to learn from that."

The task force is working in the United States and overseas to combat the threats these devices

pose to servicemembers. Officials have studied how the devices are financed, made and used in combat — searching for a way to break the IED chain.

Force protection also plays a part and the military has provided better personal armor and armored vehicles and devised tactics to defeat or to lessen the exposure to IEDs.

"So, we're looking at that whole facet associated with IEDs because it's the only tool the enemy really has left in order to be able to take us on and cause casualties," Conway said. "And when we defeat that one method, you know, it's over."

DoD demonstrates electronic records

By Gerry J. Gilmore

AFPS

BETHESDA, Md. — The U.S. military demonstrated its new Internet-based electronic medical records system to reporters at a rollout ceremony Nov. 21 in Bethesda, Md.

"This is not just an electronic health record that's built around one hospital, or even a local community of hospitals. It moves information globally," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, who attended the event held at the National Naval Medical Center.

The system is called AHLTA, and it operates 24 hours a day, seven days a week, Winken-

werder said, noting all medical data is secured and accessed only by authorized personnel.

AHLTA — not an acronym, he said — is the system's name.

The \$1.2 billion system uses off-the-shelf technology and began phase-in across the force in January 2004, officials said. Today, it's been deployed to about 60 percent of the military; full fielding is estimated to occur around January 2007, officials said.

The system will potentially serve more than 9 million U.S. servicemembers, retirees and their families across the globe, Winkenwerder said. Future plans include sharing military medical information contained on AHLTA with the Veterans Affairs Department, Winkenwerder said.

AHLTA was tested and proven in wartime conditions, said Army Staff Sgt. Kevin M. Walker, a 32-year-old combat medic assigned to the 1st Stryker Brigade, 25th Infantry Division, at Fort Lewis, Wash. Walker used AHLTA's portable electronic medical-record-gathering device when he was in Iraq.

"I think it's a great system," said Walker, who was in Iraq from October 2004 to September 2005. "Anything that can expedite the process of giving (servicemembers) care and helping their care go on further without the paper trail is just a really exciting experience."

Walker demonstrated a field electronic medical data-collection device at the ceremony. Servicemembers' medical data contained

on a dog-tag-sized electronic information chip is inserted into the medic-carried, palm-sized device for processing, Walker said.

He said the device is user-friendly and makes it easy to update a servicemember's medical information, compared to using old-tech paper forms.

"(The Soldier) puts the dog tags back on, and off he goes," Walker said, noting the information is then forwarded to a main database for the doctor's review.

Widespread use of interactive electronic medical records systems like AHLTA will ultimately produce lower costs, fewer medical mistakes and better care, said U.S. Department of Health and Human Services Secretary Michael O. Leavitt.

Army Staff Sgt. Kevin M. Walker, a combat medic assigned to the 1st Stryker Bde., 25th Inf. Div., Fort Lewis, Wash., demonstrates a portable medical data collector that's used by American forces in Iraq. Walker participated in the Nov. 21 rollout ceremony for the military's electronic medical records system held at the National Naval Medical Center in Bethesda, Md.

AFPS/Gilmore





Campaign keyed to pride

By Ken Hall

Army News Service

WASHINGTON – The Warrior Pride Campaign officially kicked off Armywide Oct. 24 to coincide with National Red Ribbon Week.

Michael Biggerstaff at the Army Center for Substance Abuse Programs, also known as ACSAP, created the Army's Warrior Pride Campaign. It's designed to standardize and incorporate Army Values and the Warrior Ethos in all substance-abuse awareness training.

"While it's important for all members of the Army community to receive substance-abuse awareness training, the primary target audience for this campaign is our Soldiers," said Dr. George P. Chagalis, director for the Army Center for Substance Abuse Programs.

The Warrior Pride Campaign hopes to instill and reinforce the belief that drug abuse and alcohol abuse violates Army Values and the Warrior Ethos and is incompatible with military service.

"As warriors of the United States, they should be proud of the job they do," Chagalis said. "They should be proud to be drug free and proud that when drinking, they do so responsibly."

Army Substance Abuse Program, known as ASAP, offices at installations worldwide will be participating in this campaign with information, posters and other materials.

The Warrior Pride campaign is designed to market ASAP through a logo Soldiers can display, Chagalis said. "ACSAP decided to combine the kickoff of the Warrior Pride Campaign with National Red Ribbon Week, which

draws worldwide attention to its program each year," Chagalis said.

"ACSAP felt that by combining the kickoff with Red Ribbon Week, local Army substance abuse programs would already have a significant audience for their kickoff," he said.

The Warrior Pride marketing products include training materials for commanders and unit prevention leaders.

Support of programs like Warrior Pride, aggressive random drug testing programs and compliance with Department of the Army policies aim to enhance unit readiness and reduce the loss of our most valuable resource; the American Soldier, Chagalis said.

"Anyone who has ever spoken with a wounded Soldier returning from Afghanistan or Iraq knows how much pride that Soldier has

in his or her unit and the Army," Chagalis said. "These Soldiers wear their uniform with pride and are proud to say they are warriors. ACSAP believes that if a Soldier has pride in themselves, the uniform and the Army, then it's easy for them not to use drugs or abuse alcohol."

ACSAP is hopeful that all Soldiers will feel the pride of serving in the Army as a warrior, Chagalis said, and will realize that drug use and alcohol abuse is incompatible with Army values, the Warrior Ethos and military service.

"The Warrior Pride Campaign should be visible within Army substance abuse programs throughout the Army," Chagalis said. "ACSAP will continue to develop training packages, posters and products utilizing the Warrior Pride logo and theme."



At left is one of the posters being distributed under the Warrior Pride Campaign. It depicts Soldiers in theater. ANS

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2x2 Candlewood Health Dec TF ml

CHANGING TIMES BOUTIQUE
2 x 2"
Black Only
2x2 CTB DecTF

AFTER DARK VIDEO
2 x 2"
Black Only
2x2 After Dark Video TF

DAILY UNION
6 x 14"
Black Only
post. service directory



19th PAD/Perry
Staff Sgt. Michael Cardenas (left), 1st Squad leader, 2nd Platoon and Sgt. Sean Roberts, Alpha Team leader, drag their "fallen comrades" to safety during the Co. C, 1st Bn., 41st Inf., advanced marksmanship training Nov. 22.



19th PAD/Perry
A Co. C Soldier practices discriminatory marksmanship while firing at a target with different colored sections.

Training forces Soldiers to shoot under stress

By Anna Perry
19th PAD

A twist to marksmanship training added some weight and stress to some infantry Soldiers at Fort Riley in November.

Members of Company C, 1st Battalion, 41st Infantry, used the second phase of training Nov. 22 to lug "wounded battle buddies" from one spot to another while engaging targets with their weapons.

The "wounded battle buddies" were sand-filled duffel bags "casualties" the Soldiers had to drag to safety behind the nearest firing position.

Upon reaching cover, the Soldiers used reflexive firing skills to engage enemy targets.

The Soldiers ran from one firing position to the next, all the

while carrying their "fallen comrade."

"Adding stress to a training environment simulates what Soldiers go through during combat," said 1st Lt. Manuel Prado, 2nd Platoon team leader in Co. C.

"The Soldier begins to realize what it feels like to be shocked and tired and still have to carry out many tasks," Prado explained about the exercise's importance.

The shock came when Soldiers experienced a simulated improvised explosive device explosion near their "Humvee" that wounded their "battle buddy."

The Soldiers had to leave their "Humvee," pick up their wounded and move to cover.

"Soldiers have to react accordingly while dealing with a simulated IED, smoke, casualties and distinguishing between enemy

and friendly targets," Prado said.

"The sounds, the explosions, the shock...those are all things Soldiers deal with in Iraq," Prado said.

"This training is beneficial in a lot of ways because it also lets Soldiers experiment with their equipment and gain familiarity with their weapons capabilities.

"This is a great start for the newer Soldiers in the unit who didn't go to Iraq with us," he added.

Even seasoned veterans like Roberts found the training beneficial.

"You have to be ready for pretty much anything," he said. "After spending a total of two years over there, I've begun to understand the value of good training."

The earlier phase of the day's training gave the Soldiers an

opportunity to brush up on their reflexive fire skills.

"Reflexive fire is designed to improve target acquisition and kill times in a high stress environment," said Sgt. Sean Roberts, Alpha Team leader for 1st Squad, 2nd Platoon.

The Soldiers were using a variety of weapons, including the assault rifles, carbines, squad automatic weapons and machine

guns.

After a dry-fire familiarization, the Soldiers moved onto the firing line to rapidly engage targets five to 25 meters away.

They also practiced engaging the enemy while advancing.

The exercise required Soldiers to perform discriminatory marksmanship, using targets that were divided into four different colored sections.

After shooting on the reflexive fire range, the Soldiers moved on to part two – the marksmanship-under-stress exercise – of the day's training.

"At this point, we're working in two-man teams," Prado said.

"Over time, we'll move up to team and squad level training where we'll be dealing with grenades and other live fire exercises," he added.

MANHATTAN TOWN CENTER
3 x 10"
Black Only
3x10 We'll see the light on

VALASSIS - AFC
3 x 12"
Black Only
Color 638282 Cell One 11/25 free



Clearing begins

A Directorate of Public Works employee cuts up a fallen tree at the post cemetery Nov. 28. Post officials estimate about 60 percent of the trees standing in the cemetery were toppled or broken off by one of two tornadoes that struck Fort Riley about 3:10 p.m. Nov. 27. About 100 head stones were damaged by the trees when they fell. Families of those buried in the cemetery will be contacted and given information about possible replacement of the head stones. Cleanup will take several weeks, officials estimate.

Post/Heronemus

KANSAS PRESS
2 x 2"
Black Only
Bypressa

COLLEGE HEIGHTS BAPTIST CHURCH
2 x 2"
Black Only
2X2 College Heights Dec TP ml

KANSAS PRESS
2 x 2"
Black Only
Escape to the Beach

MANHATTAN CHAMBER OF COMMERCE
3 x 4"
Black Only
3x4 Man24/7 Mlad

RICK JOHNSON
3 x 4"
Black Only
3X4 TP DR. JOHNSON

CHARTER COMMUNICATIONS- THAYER
3 x 10.5"
Black Only
3X10.5 Charter Sony 12/2

MOTRICITY -AFC
3 x 10.5"
Black Only
FULL COL 633425 COUPLE





Fort Riley Community Life

Friday, December 2, 2005

America's Warfighting Center

Page 11

Community news briefly

Latino group to host dance

A local Latino organization plans to host a Christmas dance at 9 p.m. Dec. 10 at VFW Post 8773, 1215 S. Washington St., Junction City. Music will be provided by DJ Maracas and a band. Cost is \$8 per person for adults 18 years old or older. For more information, call 238-8290 or 226-2330.

Helping Hand lends aid

Operation Helping Hand lends assistance to Soldiers and their families during the holiday season, providing food vouchers that can be used at the commissary. Units can submit nominations for assistance through their Unit Ministry Teams to the Installation Chaplain's Office.

For more information, call the Installation Chaplain's Office at 239-3359 or talk to a member of the Unit Ministry Team.

Youth invited to solve mystery

Youth ages 10-14 are invited to a party to help solve a mystery about space aliens abducting a school football quarterback. Parties can sign up individually or as a team, but everyone will be divided into investigative teams of five to six people to try to solve the mystery. The party begins at 1:30 p.m. Dec. 29 at a location to be announced. Cost to attend the party is \$10. Snacks will be served.

The mystery begins on a rainy Thursday night in Possum Valley, the night before the big homecoming game. Witnesses see Kent Passerby, the high school quarterback, disappear from the town square in a cloud of smoke and flashing lights.

Citizens were frantic. The sheriff jumped into action, swearing that no aliens in flying saucers would get away with kidnapping young athletes in his county.

Everyone was relieved and everything seemed OK when Kent was found wandering down a country road three hours later. He was physically OK, but seemed confused and dazed and couldn't remember any of the signals to be used against the Squirrel Grove Acorns in the upcoming homecoming game Friday night.

Sign up at the Junction City Arts Council gallery, 107 W. Seventh St., for a chance to solve the mystery, or call 762-2581 for more information.

Family program to host event

Fort Riley's Exceptional Family Member Program and New Parent Support Program will combine sponsorship for a holiday celebration from 6 to 8:30 p.m. Dec. 6 at Riley's Conference Center.

For more information, call Laura McCauley at 239-9435.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Families can track express mail

USPS

Washington — Military families now have a convenient way to track the status of Express Mail sent to loved ones stationed around the world.

Through a new tracking service available on usps.com, military families and others who send Express Mail to servicemen and women can now confirm when their mail pieces have arrived at military post offices anywhere in

the world except combat zones.

Customers can log on at usps.com and click on "Track & Confirm" and enter the tracking number from their Express Mail receipt.

Next year, the Postal Service

plans to expand this capability to track other types of mail worldwide, including combat areas.

The deadline for shipping packages via Express Mail Military Service is Dec. 19.

Letters and cards sent by first

class mail should be posted no later than Dec. 10.

There are more than 80 military installations worldwide.

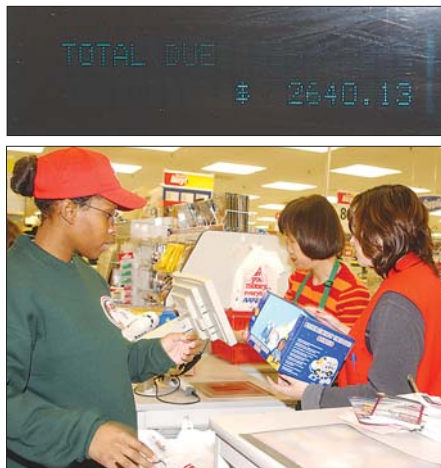
"We are asking families and

See Mail, Page 13

First big buy



Volunteer Operation Santa Claus elves and spouses at Fort Riley and members of the Ride Across America TV program crew visiting the post to film two future programs stand in line to check out after buying toys at the Main Post Exchange Nov. 28. The toys will be wrapped and presented to military families on and off post as well as civilian families in surrounding communities.



Spec. Barbette Byrd checks out at the Fort Riley Main Post Exchange Nov. 28. She is a volunteer elf for Operation Santa Claus. The elves made their first toy buy of the year at the PX, spending \$2,640.13.

Santa's volunteer elves fill shopping baskets with toys for area kids

Staff report

Santa's elves and a few other volunteers packed Post Exchange shopping baskets with holiday cheer Nov. 28.

Operation Santa Claus volunteers spent \$2,640.13 on their first shopping spree of the season. The money bought gifts that will be given to post and area families who need some help providing a happy Christmas for their children.

The gifts are suitable for children from birth to 14 years old.

The 37th annual toy drive began Nov. 8 and will continue through Jan. 13, to ensure all families have an opportunity to fill out request forms and receive the

gifts. Collection boxes for toy donations have been placed around the installation and in the community.

On Fort Riley, boxes are at all brigade headquarters buildings, the post headquarters building, Irwin Army Community Hospital, the Post Exchange, Fort Riley National Bank and the Fort Riley Credit Union.

Off post, boxes are located at Wal-Mart stores in Junction City and Manhattan.

This year's campaign goal is to collect at least \$52,000 in toys and monetary donations to buy toys.

For more information, call 239-6944.

Soldier pens interview with 'devil'

Book consumes aspiring author's leisure time

By Mike Heronemus
Editor

A Soldier's dream to be a writer came closer to reality in July 2005 when PublishAmerica bought the rights of "Between Shadow and Light."

The book, being written by Spec. Leonard Brunk of the 15th Personnel Services Battalion and now deployed from Fort Riley to Iraq, combines history, romance and horror, the author said.

"I've wanted to be a writer since my early teens," Brunk said. He was a literature major at

Chabot Community College in Hayward, Calif., before finance and family situations prompted him to enlist in the Army.

"I read all the time and like historical fiction, such as 'Gods and Generals,'" he added. He also reads a lot of mythology and said, "I've studied ancient cultures on my own." That comes out in his own book, he said.

In his studies, Brunk learned of several devil-like characters that played prominent roles of ancient cultures. Brunk's protagonist is an evil character being interviewed and questioned about his background. "The reader gets the impression that Zenjaza is the devil," Brunk said, not clarifying that such is the case.

Throughout the interview, Brunk said he tries to determine the origin of evil. "No one's com-

"I tried to write a book people wouldn't think I would have written."

— Spec. Leonard Brunk
Personnel specialist

pletely bad, so where did he (Zenjaza), evil, come from? How could Hitler become the man he did?"

To examine the question of evil and its origin, Brunk tries to tell the story from Zenjaza's point of view. "I tried to write a book that people wouldn't think I would have written," he said, explaining the deep, dark subject matter.

Brunk said he spent two years writing the draft he sent to pub-

lishers. Much of that writing initially was done by hand. He later invested in a cheap computer to make the process easier.

Even with his long-time dream driving him to write a book, Brunk admitted he might not have considered having it published until a co-worker suggested it.

Selecting a publisher was simply "a roll of the dice at first," Brunk said. After being turned down initially, Brunk said he began doing a little research to find a publisher interested in the kind of book he had written.

It took five submissions before his book was accepted by a traditional publishing house.

In fact, it's not printed yet. The first galley has been returned for rewrite, and Brunk said he hopes to find some time while in Iraq to do that.



Spec. Leonard Brunk of the 15th PSB stands outside his Fort Riley barracks.





Photo by Vicki Ohmacht

Builder gets boost

Building with blocks took on new meaning recently at the Child Development Center. Hourly care children began constructing a skyscraper with donated items, said Linda McCarroll, lead education technician. "It's the children's long-term project, so they will be deciding about windows, parking garages, landscaping, etc.," she said. "The tower is a way to get all the children and parents involved, because the parents have been donating materials as well." Camron Emmanuel puts the crowning touch on the tower with McCarroll's help. Working at ground level are (left to right) Joseph Nakasone, Alexis Murty and David Nakasone.

By Jim Garamone
AFPS

WASHINGTON — The U.S. military is not a poor man's force Defense Department officials conclude after examining enlisted recruiting statistics gathered over the past year.

An issue exists about how representative of America the force is, said Curt Gilroy, director of DoD's accessions policy in the Pentagon.

DoD tracks representativeness, as Gilroy calls it, very closely. Representativeness can take a whole host of forms: race, education, social status, income, region and so on.

"When you look at all of those, you find that the force is really quite representative of the country," he said. "It mirrors the country in many of these. And where it doesn't mirror America, it exceeds America."

The data shows the force is more educated than the population at large.

Servicemembers have high school diplomas or the general equivalency diploma. More servicemembers have some college than the typical 18- to 24-year-old.

"To carry representativeness to the extreme, we would have to have a less-educated force or we would want a lower-aptitude force," Gilroy said.

The study is part of DoD's focus to bring the best recruits into the military. The services, which are responsible for manning, equipping and training the force, take this data and apply it to recruiting efforts.

The force is a volunteer force; no one is coerced into serving. The military is one option young people have after high school. Military service offers money for college — money a large segment of the population doesn't have. For those people, the military is an attractive option.

Many young people who don't yet know what they want to do see the military as a place to serve and decide what they want to do for the rest of their lives, rather than take a low-paying job or do nothing.

Critics say the U.S. military has too many African-Americans as compared to the population and not enough Hispanics or Asian-Americans.

"We don't recruit for race," Gilroy said. "We have standards, and if people meet those standards, then should we say they are not allowed in because of race? That would be wrong."

The statistics show the number of African-American servicemembers is dropping. That concerns Gilroy and his office.

The military is a leader in equal opportunity in the United States, he said, adding that few, if any,

Fortune 500 companies can match the equal employment opportunity record of the military.

The office is studying why young black men and women are not signing up.

The office also is studying the Hispanic population in America. Census records say Hispanics are the largest minority group in the United States.

Young Hispanic men and women have a strong tendency to serve in the military, though so far, only the Marine Corps has been "able to break the code" to get significant numbers of recruits, Gilroy said.

On the socioeconomic side, the military is strongly middle class, Gilroy said. More recruits are drawn from the middle class and fewer are coming from poorer and

wealthier families. Recruits from poorer families are actually underrepresented in the military, Gilroy said.

Other trends are that the number of recruits from wealthier families is increasing, and the number of recruits from suburban areas has increased. This also tracks that young men and women from the middle class are serving in the military.

Young men and women from urban areas are not volunteering, Gilroy said.

In fact, urban areas provide far fewer recruits as a percentage of the total population than small towns and rural areas.

DoD and the services will use these statistics and more to craft their recruiting policies, Gilroy said.

BOX N SHIP
3 x 3"
Black Only
3X3 Box N Ship 12/2 Dec TF

MILITARY OUTLET
3 x 3"
Black Only
3X3 Mil Outlet Dec TF

GTM. SPORTSWEAR
6 x 10"
Black Only
6x10 GTM Sportswear



Experts suggest holiday gifts of food have special meaning

By Levi Wolters

Kansas State University

MANHATTAN, Kan. — The piles of chocolates and cookies from the neighbors were devoured within days of their arrival at your home. The fruitcake from your aunt, however, will likely spend the next few months in the back of the freezer.

Whether holiday food gifts are healthy or fattening, tasty or otherwise, Leon Rappoport, professor emeritus of psychology at Kansas State University, said there are reasons beyond cost and convenience why your aunt, neighbors and others give the food they give over the holidays.

Foods such as breads, turkey, ham, fruits, jellies and jams are the more practical staple foods, Rappoport said.

"People who give those are likely to be more concerned with practical, down-to-earth values and attitudes associated with health and nutrition," Rappoport said. "This is more typical of middle-age or older folks."

Givers also recognize the sweet tooth of younger people, Rappoport said.

"Cookies, candy and choco-

About Rappoport

Leon Rappoport is the author of "How We Eat: Appetite, Culture, and the Psychology of Food."

late-covered cherries have the character of stimulating sweet treats," Rappoport said. "They are most likely to be seen as desirable gifts by younger people who value immediately pleasurable taste sensations and are not much concerned with practical matters like health."

In between the staple foods and the treats are the traditional popcorn tins and nuts, which tend to be practical and healthy.

"These tend to be associated

with pleasurable entertaining occasions, like watching movies and TV," Rappoport said. "And of course, empty popcorn tins can have practical uses. So in general, I'd see these items as good compromise gifts likely to be selected by thoughtful middle-age or older adults."

Besides convenience and the nature of their relationship, givers may be demonstrating their feelings to the recipient when giving homemade baked goods or sweets as opposed to store-bought foods, Rappoport said.

"Insofar as someone is willing to take the time and make the effort to bake cookies or bread or prepare items, it can be seen as demonstrating that they wish to show a more significant, personal involvement in their gift," he said, "or that they wish to show off their ability to prepare something special or difficult."

Mail continued from page 11

supporters to mail and ship early this year to insure a happy holiday for our troops," said Nick Barranca, vice president of product development for the U.S. Postal Service.

To address current demand, the Postal Service has created a special kit that contains the necessary mailing materials based on the most popular items ordered to send care packages to the troops.

This kit may be ordered by calling (800) 610-8734 and requesting CAREKIT04. The kit contains four priority mail boxes, six priority mail "flat-

rate" boxes, 10 priority mail labels, one roll of priority mail tape and 10 customs forms with envelopes. The kit is free.

All packages and mail must be addressed to individual servicemembers, in accordance with U.S. Department of Defense regulations.

All military units are assigned an APO or FPO ZIP code. In many cases, that ZIP Code travels with the unit.

The Postal Service places APO/FPO mail on special charter flights, commercial airlines and military service aircraft to reach armed services members

overseas as quickly as possible.

Express Mail Military Service is available to selected military post offices. Local post offices can determine if this service is available to an APO/FPO address. The information also is available by calling (800) ASK-USPS.

Space available mail is parcels paid at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

4X4 LAND, INC.
3 x 2"
Black Only
3x2 4x4Land Dec TF

KSU DIVISION OF CONTIN. EDUCAT
3 x 7"
Black Only
3x7 KSU Div/Cont Ed Dec Ad

FAITH FURNITURE
3 x 8"
Black Only
3x8 Faith

LIVING WORD CHURCH - MANHATTAN
3 x 2.5"
Black Only
3x2.5 Living Word Church

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Former teachers offer gift tips, guidelines

Kansas State University

MANHATTAN, Kan. – As the holidays approach, your child may wish to add one more gift to your growing list: one for his or her teacher. But don't worry about looking for something elaborate or expensive.

When it comes to your child's teacher, giving gifts that are simple and from the heart may be the most appreciated and appropriate, according to two elementary education experts at Kansas State University.

Diane DeNoon, instructor of

elementary education at K-State, taught at the elementary level for 32 years.

She said she often received gifts at holidays and the end of the year, but that the best gifts came every day.

"There are students whose gifts could be as simple as saying, 'I really like you. You are an awesome teacher,'" DeNoon said. "Those gifts are probably the most memorable ones and usually start at the beginning of the year."

Laurie Curtis, instructor of elementary education at K-State, agrees. She taught preschool, kindergarten and first and second

grades for 17 years.

"Teachers don't expect gifts from their students," Curtis said.

"It is always a surprise, and children and their parents should not feel like they have to give teachers gifts.

"It's usually in appreciation for the extra mile a teacher has gone with their kids," she recalled.

Curtis also said she most appreciated the personalized gifts her students gave her over the years.

"The best ones are personalized items, such as letters, cards, scrapbooks and framed pictures of the child.

"Those meant more to me than any other thing," Curtis said.

"Other gifts that are really nice are gift certificates to teacher supply stores or book stores or gifts that can be used for the whole class, such as a book.

"Because we spend so much of our own money on the classroom, it's nice to have a gift you can use for the class," she said.

Although neither DeNoon nor Curtis said they have ever received an inappropriate gift from a child or parent, Curtis said there are some things parents should remember when their children want to give gifts.

"First of all, a parent should check the school's gift policy, because some schools do not allow parents and students to give gifts to teachers," Curtis said. "This is a way to keep children who can't give gifts from feeling left out.

"Also, parents should make sure their children understand the teacher may not open the gift in front of the class," Curtis said.

"I didn't, because I didn't want to make the children who didn't bring gifts feel bad or feel like they should have brought me something. I never expected a gift.

"The child should also actually be involved in the process of getting the gift," Curtis said.

"The child should have some input into the gift. Sometimes, I've gotten gifts and the child wanted me to open it so they could see what it was," she said.

DeNoon and Curtis agree that receiving gifts from students, especially personal gifts such as letters and cards, has meant more than anything else to them as teachers.

Although a gift is never expected, they said, parents and children can make a special teacher feel appreciated with a thoughtful gift.

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Fort Riley Sports & Recreation

Friday, December 2, 2005

America's Warfighting Center

Page 15

Sports news in brief

Local boxer to fight Dec. 10

Junction City, Kan., boxer David Medina (4-1) will fight in one of the bouts scheduled Dec. 10 at the Kansas ExpoCentre in Topeka.

He takes on Justin Hahn (1-2) of Graves, Mo.

Also on the 13-bout boxing card for the Danger-Fire Promotions event will be Topeka fighter "Dangerous" Damon Reed (41-11) against Chicago's Guy "Shogun" Solist (11-5-1).

Two undefeated fighters – Michi "The Matador" Munoz of Topeka and Brian Cardin of St. Joseph, Mo. – will also step into the ring against each other.

For information, call the ExpoCentre at (785) 235-1986.

Teams sponsor toy collection

The Kansas State University women's basketball team will sponsor Fort Riley's Operation Santa Claus during their 3 p.m. Dec. 11 game at Bramlage Coliseum. The K-State men's basketball team will also sponsor Operation Santa Claus during their 7 p.m. Dec. 17 game at the coliseum.

The first 500 patrons to arrive at the women's game and the first 500 fans to arrive to the men's game will get in free with a toy donation for Operation Santa Claus.

The elves from Operation Santa Claus will be at the doors of the coliseum to collect new toys for children from birth to age 14. Operation Santa Claus volunteers will receive, wrap and distribute toys to military families and children in area communities.

Junior lifeguard program set

The Eyster Pool staff will sponsor an education program designed to provide youth ages 11 through 14 a foundation of aquatic and leadership skills preparing them for future successful completion of the Red Cross lifeguard training course.

Youth interested must be able to swim the front crawl for 25 meters while breathing to the front or side, tread water for one minute using arms and legs and submerge and swim under water for 10 feet.

Sign up begins at Eyster Pool Dec. 5. Classes will be taught from 1 to 2:30 p.m. every Saturday Jan. 7 through Feb. 25.

Cost is \$35 per person.

Swim lessons scheduled

Registration for December swim lessons is under way.

Lessons will be given Dec. 6-9 and Dec. 12-16.

The cost is \$20 per child. Level 1 and Level 2 swimmers will be taught from 4 to 4:30 p.m.

Level 3 and Level 4 swimmers will be taught from 4:30 to 5 p.m.

Water Babies and Water Tots will be taught from 5 to 5:30 p.m.

For more information, call 239-4854 visit www.riley.army.mil/Recreation/Pool.asp on the Web.

Program offers women's sports

By Anna Perry
19th PAD

The Fort Riley Community Life Program is offering team sports for female family members of active duty Soldiers, retired military, Department of the Army civilians, contractors and Army

and Air Forces Exchange System employees at Fort Riley.

Basketball will run January through March with a \$50 team registration fee.

Volleyball will run March through May with a \$40 team registration fee. Softball will run May through August with an \$80

registration fee.

Females wishing to participate must be at least 18 years old. All registered teams must be sponsored and provide their own uniforms and equipment.

"We're trying to get the community involved," said Billy Mack, supervisor sports specialist

for the Fort Riley sports department. "In the past, neighborhoods have formed teams and played against each other," he said.

Mack believes the program has the potential to create camaraderie on and off the field. "A sports team would be great for the morale of female dependents of

deployed Soldiers," Mack said. "It would present an opportunity for them to become friends and help each other through difficult times," Mack suggested.

Anyone seeking further information should visit King Field House, Building 202, or call 239-3764.

Hoop champs

Armor captures post title

By April Blackmon
Staff writer

Three Headquarters and Headquarters Company, 24th Infantry Division (Mech), technical fouls in a row gave Headquarters and Headquarters Company, 1st Battalion, 34th Armor, enough points to secure a lead and win a 31-18 championship game in preseason basketball action Nov. 22 at King Field House.

Ebenezer Williams claimed Infantry's first technical after a rough foul on Armor's Sheldon Bell.

Infantryman Shannon Ollison's arguments with the referees following the call cost his team two more technicals before he ended up leaving the game.

With just a four-point lead, Armor's Albert Kelly made three more points and Bell scored one at the free throw line for a 26-18 lead with less than two minutes of play remaining.

Armor added three more points to its tally in the last minute. Victor Davis sealed the deal with a dunk in the last 30 seconds for the 31-18 victory.

In all, the Armor team scored 13 points off foul shots. The team was sent to the line for one-on-one opportunities just six minutes into the second half.

Prior to fouls, turnovers and frustrations by the Infantrymen, it was a fairly close game.

The first half was a back-and-forth game. Both teams missed a number of shots and the score was only tied at nine points each with two minutes left before the buzzer.

In the last five seconds of play, Infantry's David Wingenan scored two points on a fast break to give his team an 11-9 lead at the half.

Davis led Armor in scoring with 11 points. Kelly scored seven and Vincent Hickson added six. Bell tallied five points; and Michael Arrington had four.

Raymond Doffney, Robert Ryder and Eudane Rennix scored four each for the Infantry team.



Armor's Sheldon Bell (65) goes up for the shot while Infantrymen Ronald Stewart (45) and Ebenezer Williams (23) attack from both sides. Williams was cited with a technical following an overly aggressive foul on Bell.



Armor's Vincent Hickson (64) moves past Infantry's Robert Ryder while teammate Ronald Stewart (45) looks on.

Post/Blackmon

Guard driver wins last run

Biffle, partner finish half car apart at flag

By William Thurmond
Army News Service

HOMESTEAD, Fla. — The Ford 400, the last NASCAR Nextel Cup race of the 2005 season, contained about as much drama as anyone would want in a championship-deciding event.

Twenty-one lead changes, relatively few cautions, green flag pit stops and a last lap drag race between two team members wanting the checkered flag provided race fans with a fitting conclusion to the 36-race season.

The big winner of the night Nov. 20 was Tony Stewart, who came into the event the odds-on favorite to win his second Nextel Cup championship. Racing conservatively, Stewart cruised in the top 20 all evening, finishing the race in 15th place. His prudence paid handsomely, garnering him \$5,849,800 in championship winnings.

The cup title capped a great year of racing for Stewart's Home Depot team, which won five races, three poles, 17 top fives and 25 top-10 finishes in 2005.

"It wasn't pretty, but we got the job done tonight," said a champagne-soaked Stewart. "We knew we didn't have a car good enough to win tonight, so we just did what we had to do to win the championship."

While Stewart focused on the big prize, two Roush Fords put on a show in the closing laps, battling to claim the race victory.

Following a late caution for debris with 11 laps to go, veteran Mark Martin and teammate Greg Biffle ran the last few miles never more than a few yards apart, with Biffle unable to pull away.

Side-by-side coming off the final turn, Biffle managed to pull ahead by just half a car length at the finish line, beating Martin by a mere .017 second.

While Stewart was hoisting trophies and climbing fences on the front stretch, Jack Roush, the owner of the top-four race finishers, was relishing his team's successes that tonight and in the chase to the championship.

See Biffle, Page 16

Bicyclists ride for fun, friendship, exercise

Post employees spread enthusiasm for outdoor sport without competition

By K. Ann Drier
363rd MPAD

Chris Lowery and his friend, John Strupp, remember the freedom they felt when the training wheels finally came off their first bicycle.

They remember a sense of feel-

ing lighter than air and the exhilaration that came with the wind in their faces as they flew down a hill, perched only on two wheels.

They remember the bumps and turns in roads ridden often and the sunshine-baked smiles on their faces as they mounted their bikes and took off to ride with friends.

Those children now grown into men still enjoy those feelings, and in June 2005, on a whim, they decided to share their joy with others.

One evening while riding, they decided to form the Riley Road Runners, a cycling club for the residents of Fort Riley and fellow

cycling enthusiasts at Irwin Army Community Hospital.

Unlike most clubs formed by bicycle enthusiasts, Chris and John wanted their club to be more fun for everyone who joined. "Most cyclist clubs are performance driven," Chris said, "but that turns me off. I ride for the

enjoyment.

"As a kid, I thought those bike clubs were very cool. So we (John and I) decided to form a bike league rather than a race team," he went on.

Chris and John e-mailed others

See Riley riders, Page 16





Post news in brief

Staff sponsors swim program

The Eyster Pool staff is sponsoring a "Swim for My Life" program that encourages personal fitness by swimming laps. Each participant can earn a water bottle for swimming 25 miles, a T-shirt for swimming 50 miles, a baseball cap for swimming 100 miles and a sweatshirt for swimming 200 miles.

For information on the program, call the pool staff at 239-9441.

Skating rink to celebrate

Riley Wheels will be celebrating its 20th anniversary Dec. 9 with a party from 8 to 10 p.m.

Cost to skate during the anniversary party will be \$2 per person and all ages are welcome. The party will include music, games and a 9 p.m. drawing for prizes.

Pre-register for prize drawing Nov. 18-20 or Dec. 2-4. For more information, call 239.3764

Class keeps people moving

Turbo Kick is a way to change cardio workouts. It combines boxing, kickboxing and hip-hop moves, all done to music. Free trial dates for the class are:

Dec. 2 at 9 a.m.

Dec. 5 at 11 a.m. and 4:30 p.m.

Dec. 7 at 4:30 p.m.

Dec. 9 at 9 a.m.

For more information, call King Field House at 239-2813.

Training offered PT borderliners

With command approval and support, Soldiers with borderline Army Physical Fitness Test scores can be on their way to being more fit and improving their scores through Fit Force I.

Participants in the new fitness program will train with the post fitness staff from 8:30 to 10:30 a.m. every Monday for eight weeks.

A weekly training schedule will be established and followed to get participants on the track to success.

For details on how to register, visit the fitness department or call 239-2813 or 239-3146.

Center offers open bowling

Custer Hill Lanes, Building 7485, offers open bowling 5 to 11 p.m. Tuesdays through Thursdays, 5 to 10 p.m. Fridays and 3 to 11 p.m. Saturdays.

Extreme bowling under strobe lighting is offered 10 p.m. to close Friday. Family extreme and bowling is offered 5 to 7 p.m. Saturday and family open and extreme bowling is offered 3 to 10 p.m. Sundays.

Family extreme bowling costs \$15 per lane for six persons.

Couples are being sought for a "fun" league to begin this fall. Sign up at the center or call 239-4366 for more information.

Water aerobics classes slated

Water aerobics will begin at Eyster Pool beginning Jan. 10. Classes are open to all active duty members, their family members, DoD employees and military retirees. Class sessions will be 5 to 6 p.m. every Tuesday and Thursday. Cost will be \$2.50 per session or \$20 for 10 sessions.

For more information, call 239-9441.

Riley riders

continued from page 15

IACH workers who they thought might be interested in riding as a group. They simply asked, "Why don't we do a ride?"

The following Thursday evening, a group of eight friends pedaled into the Riley Road Runners Club.

"So far the word (about the club) has spread via e-mail and word of mouth.

"We haven't thought about advertising. We do put up flyers at the Pathfinder (a bicycle shop in Manhattan), and we're thinking of doing a Web page," Chris said.

"We haven't organized it all that much, but there are specific days of the week and times that we ride," he went on.

The club meets in the hospital's front parking at 5 p.m. on Tuesdays, 5:15 p.m. on Thursdays and at various times and places on Saturday mornings.

Tuesday evenings is a "no gifts ride," which means there are no planned stops on the designated roads, and the routes are more challenging for more experienced riders.

No time limits are set for the ride, which normally lasts one to two hours, depending on the scheduled route.

Thursday evening rides are for less experienced riders and beginners. The routes chosen are less hilly, and the rides are slower and easier.

Saturday rides provide enthusiasts with distance routes, some stretching 30 miles or more. The start times and locations vary according to the wishes of club members.

"There are no club dues or membership fees," Chris said. "The No. 1 deterrent to most people is the equipment costs, but you can ride any kind of bicycle; you don't have to go out and spend a fortune for a name brand."

Post regulations require riders to wear a helmet, and if riding at night, bicyclists must have reflectors or reflective clothing, a headlight and taillight.

To avoid the soreness most new riders get from one of the

three body points that make contact with the bike, a decent pair of padded riding shorts is suggested.

No physical fitness requirements are made for riders. Actually, bicycling is "a great addition to any physical fitness program," according to Dr. Adam Hamawy at IACH and a Riley Road Runners member.

"It's good for cardiovascular and aerobic health, fun, gets you outdoors and you're more motivated when you ride with a group of people. It's a great stress reliever," he said.

"For me, you can go farther and see more than when running. Safety is always a concern, and I've seen some injuries from people who ran into things. But, I've seen more injuries from cars than from bicycles," Hamawy said.

Most of the planned rides are on post roads. Post roads offer different combinations of rides, from strenuous hilly areas to long flat stretches and provide club members with trips that can distance up to a 25-mile loop.

Rides off post are generally around Manhattan. When riding off post, the cyclists observe more safety precautions than they feel are necessary on post roads, a member noted.

"Knowing the rules of the road for bicyclists is necessary, he added.

Winter will curtail some of the later evening rides, and cold or snowy days may mean canceling some rides.

Chris and John are thinking about the club activities for next year. So far, their list includes the "HHH" (Hotter 'N Hell Hundred) held in Wichita, Kan., the "Triple Bypass" held in Colorado (a difficult climbing ride), and a "Post Ride/Race" in the fall of 2006.

They also are hoping that they can get some ideas from members and non-members to help them come up with a Logo and a slogan.

For more information or to join the club, contact Chris Lowery at chris.lowery@us.army.mil.



Post/Blackmon

Fort Riley Middle School's Kylee Gray reaches for the ball between Abilene defender Emily Myers' (32) legs during girls basketball action Nov. 22.

Visitors defeat Troopers

Abilene dominates play on Fort Riley court

By April Blackmon
Staff writer

Abilene's aggressive defense and successful offense combined to defeat Fort Riley Middle School, 51-10, in eighth-grade girls' basketball action Nov. 22.

Several forced turnovers by the Abilene defense gave them extra opportunities to put points on the board. Rushed shots and failure to

take control of offensive boards put the Troopers further behind, and Abilene ended the first half with a 21-4 lead.

The Troopers started the second half on a good note. After running a successful offensive play, Trooper Tiyanna Simon put up two points.

But, The Troopers' man-to-man defense couldn't keep up with the quick-paced Longhorns, who put up 14 unanswered points

in the third quarter.

Trooper Tara Haag managed to score off an offensive rebound late in the third quarter.

Abilene tallied five more to end the quarter with a 39-8 lead. A 12-point fourth quarter by the Longhorns sealed the 51-10 win.

Other Troopers adding points to the board were Natalya McCarroll with four points and Gabby Gadsdon with two points.

Biffle

continued from page 15

Another Roush Ford finished the race in third, driven by former cup champion Matt Kenseth.

Biffle's victory enabled him to claim the runner-up spot in the Nextel Cup standings, 35 points behind the champion. Rookie and fellow Roushketecar Carl Edwards finished the race in fourth place. His strong performance all year, with four wins and 18 top-10s, enabled him to claim the third spot in the Nextel Cup standings.

Biffle, who was joined in victory lane by several National Guard Soldiers recently returned from Iraq, was pumped-up, seemingly ready to start the 2006 season the following weekend, if asked. With his six wins in 2005, the most for any driver, his team goes into their two-month hiatus having built up championship-potential momentum.

"I can't wait for the chase next year, Biffle said. "I don't want to race the (first) 26 races, just the chase again. It's so much fun."

For Army driver Joe Nemecek, the last race of the season went down in the same fashion as so many others his team endured during this frustrating season.

"This is not the way we wanted to end the season. We didn't find the right mix today and our finish showed that," Nemecek said.

"Blown tires and bad luck seemingly plagued the Army team all year long, denying the team victory at races like California and Charlotte in May. But characteristically, Nemecek preferred to focus on the positive."

In the final NASCAR Nextel Cup driver point standings, Nemecek finished 16th — three positions better than his 19th-place standing in 2004.

"We improved from last year, but it should've been better," Nemecek said. "All-in-all we didn't have a bad year and I am confident there's plenty of success in store for this team."

"There were good teams that finished ahead of us (in points) and good teams that finished behind us. We captured a pole (in Michigan) and had four or five excellent opportunities of winning a race. But it seemed like we were victims of some tough luck this year," he said.

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Travel & Fun in Kansas

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America's Warfighting Center

Friday, December 2, 2005

Leisuretime ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Dec. 2 – In Her Shoes (PG-13)

Dec. 3 – Elizabethtown (PG-13)

Dec. 4 – The Gospel (PG)

Dec. 8 – In Her Shoes (PG-13)

Dec. 9 – Doom (R)

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel & Tourism Web site, www.travelKS.com.

Fort Riley:

What: Christmas Tour of Homes sponsored by the Historical and Archaeological Society of Fort Riley. Some of the post's historical homes have been beautifully decorated for the holidays. This walking tour will feature 10 homes. Horse and buggy rides will be available at no cost, but donations are welcome. The pick-up point for the rides will be on Barry Avenue with the drop off point at the corner of Godfrey and Schofield (Quarters 85), where visitors will begin the tour. Visi-

tors will be picked up on the opposite side of the corner once they finish the tour and be taken back to the chapel complex. Visitors should not bring children under 12 years of age. No photography or smoking will be allowed in the homes and no smoking will be allowed on the buggy rides.

When: 4:30 to 7:30 p.m.

Dec. 11

Where: Main Post

Parking: Chapel complex on Barry Avenue

Cost: \$5 for HASFR members, \$10 for nonmembers

Phone: 784-2282 or 717-2892.

Junction City:

What: "Nuncrackers." Junction City Little Theatre stage production of the popular comedy about a convent of nuns and the dilemmas they face.

When: 8 p.m. Dec. 2 and 3; 2 p.m. Dec. 4

Where: Junction City Little Theatre on 18th Street near the Buffalo Soldier Memorial.

Phone: 238-6220

Admission: \$12 for adults, \$7 for students

• • •

What: Poetry night supported by Irwin Army Community Hospital Soldiers. Last event for 2005.

When: Dec. 2

Where: Old George Smith Library above Cellular One store on corner of Washington and Seventh Streets.

Super Grover graces stage



Publicity photo

Super Grover and his Sesame Street friends take the stage at the Kansas ExpoCentre in Topeka Jan. 4 to teach good health habits in a fun musical, "Super Grover! Ready for Action."

By Jennie Rose

Publicist

TOPEKA, Kan. – Calling all super heroes! Super Grover needs your help!

Youngsters and adults alike can discover what it takes to get their inner hero ready for action when this brand-new VEE Corporation production zooms into Topeka Jan. 3 and 4.

Everyone is invited to join Elmo, Zoe, Rosita, Telly Monster and Zoe's pet rock, Rocco, for Sesame Street Live's "Super Grover! Ready for Action" at the Kansas ExpoCentre. Tickets for all performances went on sale Nov. 28.

When Super Grover loses his superness, Sesame Street needs a hero; and Grover's Sesame Muppet friends are there to help.

Members of the audience should get set to join The Fabulous Five, a new team of Sesame heroes, as they work to put the "super" back in Super Grover.

Teaching lessons of healthy habits through song and dance, all the favorite Sesame Street friends will explore exercise, nutrition, sleep/energy and hygiene – all in a quest to get Super Grover ready for action.

This all-new Sesame Street Live show features an array of popular songs, many of them renditions of tunes that parents will remember and kids will love:

"Old MacDonald,"

"Splish Splash,"

"Twinkle, Twinkle Little Star"

If you go:

What: Sesame Street Live "Super Grover! Ready for Action"

When: 7 p.m. Jan. 3; 10:30 a.m. and 7 p.m. Jan. 4

Where: Kansas ExpoCentre, One ExpoCentre Drive, Topeka

Tickets: \$12.50 and \$14.50. A limited number of \$17.50 premium seats also

are available. To charge tickets by phone, call Ticket-

master at (785) 234-4545.

Tickets may also be purchased online at www.ticketmaster.com.

For more information, call the Kansas ExpoCentre

Box Office at (785) 297-1000.

and

"Sunny Days."

Like television's "Sesame Street," each Sesame Street Live production features timeless lessons for all ages.

Through the razzle-dazzle of this full-blown Broadway-quality show, the production will teach children some great healthy habits they can use long after the show ends.

Adults will appreciate the universal appeal of Sesame Street Live, the high-tech stagecraft and cleverly written scripts.

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